

Black Beans

Makes: 4 servings

Pair these black beans with some brown rice and a green salad for a complete meal.

Ingredients

2 cans black beans (15 ounce)

1/2 onion (medium)

2 garlic clove

2 tablespoons vegetable oil

1/2 teaspoon cumin (ground)

1/2 teaspoon salt

1/4 teaspoon oregano (fresh or dried)

Directions

1. Carefully drain the juice from one can of black beans. Pour the drained black beans into a bowl. Use a potato masher to mash the beans until they are no longer whole. Set the mashed beans aside.

2. Chop the onion in to 1/4-inch pieces. Set it aside. Peel the garlic cloves and mince them finely. Set the garlic aside.

Nutrition Information

Nutrients	Amount
Calories	150
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	700 mg
Total Carbohydrate	23 g
Dietary Fiber	8 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	8 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

3. In a medium saucepan, heat the oil over medium high heat. Add the onions and sauté for 1 to 2 minutes. Stir in the garlic and cumin and cook for 30 seconds more. Stir in the mashed black beans and the second can of black beans, including the juice. When the beans begin to boil, reduce the heat to low, stir in the salt and oregano and simmer for 10 minutes, uncovered.

Notes

Learn more about:

- [Onions](#)
- [Garlic](#)

Source: New Mexico State University Cooperative Extension Service, Cooking with KidsLynn Walters and Jane StaceyUSDA Food and Nutrition Service Food Stamp Nutrition Education Program